

Hawai'i Coalition for Dads

Hawai'i Dads (Makua kàne)

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State Commission on Fatherhood

Nominations sought for Parent-Friendly Business Awards

Hawai'i's Parent-Friendly Business Awards Program was established by the 2003 Hawai'i State Legislature to recognize businesses with parent friendly policies. The 2007 Parent-Friendly Business Awards will be presented at the Children and Youth Month Luncheon on October 31, 2006 at Washington Place.

The Legislature created this award because it observed that parents in Hawai'i often struggle to manage and balance the demands of work and responsibilities of caring for family members. High levels of stress, feelings of being overworked, and frequent turnovers in the workforce can result in disruptions and economic problems for families.

This situation has prompted some employers to implement a variety of parent-friendly policies and practices designed to result in a more committed and productive workforce, decreased absenteeism and turnovers, and improved customer service and business profitability.

The Parent-Friendly Business Awards recognize both a small and large businesses which make special efforts to establish father-friendly workplace policies and employee benefits, such as: providing information and referrals to community resources, supportive child care options, flexible work hours, job sharing, family leave, and paid time-off for parents to attend to children's education or health concerns.

The Legislature asked the State Commission on Fatherhood (SCF) to implement this award program to highlight and support businesses that have made a positive difference for the quality of their employees' family life and our community. The 2005 awards went to First Hawaiian Bank and Keiki 'O Ka 'Aina Family Learning Centers.

For award nomination information and forms contact SCF Commissioner Henry Oliva at the Dept. of Human Services at henryoliva@hawaii.gov or call him at 586-4999.

NEW RESOURCE: SCF on the web

Check out hawaii.gov/dhs/fatherhood/fatherhood/—it's the State Commission on Fatherhood on the web. The following information is available on SCF's web pages:

- Mission
- Who Are We?
- Statewide Fatherhood Survey
- Grants Available
- Programs and Services Resource Lists:
 - Hawaii Parenting and Educational Programs for Both Parents; Home Visiting Services;
 - Family Counseling (Statewide); Family Law (Statewide); Domestic Violence (Statewide);
 - Health (Statewide)
- Why Were We Created?
- Fatherhood Events
- Projects and Activities
- Resources and Links

~HI Dads~

Mahalo

SAAB Hawaii paper airplanes \$441 to HCD

Mahalo to SAAB Hawaii for its \$441 contribution to support the Hawai'i Coalition for Dads' work.

James Berger, SAAB General Manager, arranged for HCD to receive \$1 for every paper airplane each person threw into the trunk of a SAAB on display at the Kids Expo in May 2005 at Blaisdell Center.

~HI Dads~

Coach DADS @ fathers.com

Dads at Play

“Someone has said, ‘Men are more childlike than women,’ and it seems men of any maturity level are often more predisposed to enter the world of play.

“Dads have a reputation for engaging in rough-and-tumble play, which is useful in child development. But other aspects of play, once so familiar to men in their boyhood years, have been forgotten.

“So, let’s review a few points for dads as they play with their children:



1. **Make play a priority.** We are busy, but remember most children spell love T-I-M-E! Show your children they’re important by scheduling time to play with them. Playing at least once a week is a good start.
2. **Be childlike.** Get down and do what they want. Don’t be macho or embarrassed. Don’t be afraid to play dolls or sing silly songs.
3. **It’s about your child.** Ask children what they want to do. Allow them to lead. If they want to play the same thing again and again, let them. Encourage them by your words.
4. **Play hard.** Throw yourself into play—don’t be half-hearted. Be completely, actively involved. Remember, you can fool a fool, but you can’t kid a kid.
5. **Have fun.** Be loose. Laughter is a mood gauge for how play is going. You can jumpstart laughter with tickles. Enjoy the fact that you are playing together. Have fun, and again I say, have fun!” (p. 13, *The Coach Dads Playbook* by George R. Williams, MS).

Coach DADS is an interactive father/child program designed to get fathers “off the bench” and involved in preparing their children for success. Created for fathers and father figures of pre-school children, Coach DADS helps turn father involvement into a fun game that can be enjoyed by both father and child.

Coach DADS was developed by the National Center for Fathering to be integrated into the parental involvement and child development programming of local Head Start pre-school agencies. Coach DADS is a voluntary, non-competitive father involvement program that attracts, prepares and involves father and father figures at the Head Start site and at home to coach their child towards physical, social, emotional and cognitive development.

~HI Dads~

Fathers get postpartum depression, too

Postpartum depression (PPD) in fathers occurs at more than twice the rate of depression in the general adult male population of the United States according to an Eastern Virginia Medical School study of data on more than 5,000 two-parent families.

The study also found that when both parents have PPD, the babies are less likely to be breastfed and are more likely to be put to sleep with a bottle of formula.

While sadness is a marker of PPD in women, men tend to exhibit depression by irritability, aggression and sometimes hostility.

The researchers speculated that fathers become depressed because they feel burdened or entrapped by the financial responsibility of providing for a child.

➤ *Pediatrics*, Aug. 2006, Vol. 118: 659–66

~HI Dads~

Slowlane.com

Stay-At-Home Dads web resource and network

Slowlane.com calls itself “the online resource for Stay-At-Home Dads (SAHD) and their families. Established as a reference, resource and network to assist fathers who have made (or are considering) the decision to stay home and raise their children. Slowlane.com is operated as a free service for Dads and At-Home Dads. Slowlane.com is the starting point for fathers on the web.”

Slowlane.com is “a comprehensive collection of resources including those that handle the common issues like starting a playgroup with other dads and running a home business as well as the tough issues (divorce, death, custody, homosexuality, etc), so a dad who needs specific information will easily be able to find a resource to fit his personal search criteria.”

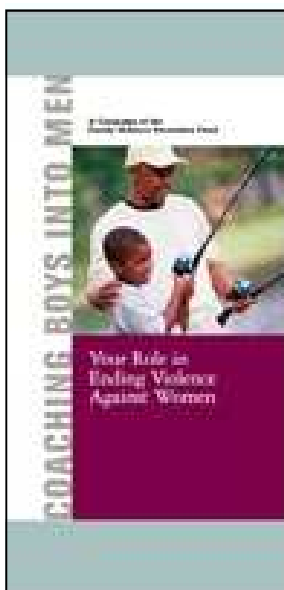
Types of information you will find on slowlane.com include:

- Web sites relating to Stay-At-Home Dads / House Fathers (http://slowlane.com/connecting/sahds_online.html)
- Latest research (trends, demographics, societal acceptance)
- Resources (*At Home Dad Handbook*, Newsletters, Books, etc.)
- Links to other dad related sites
- Articles written by and for dads
- Kid friendly home businesses
- How to start a playgroup
- How to connect with other SAHDs
- Online chats, listserves and e-mail loops
- Common questions

Slowlane.com is also a place where stay-at-home dads' organizations can host their individual web sites. At present, there is no charge for this service.

Bringing Fathers on the Web Together
<http://www.slowlane.com>

~HI Dads~



Coaching Boys into Men materials

There is no place for violence in a relationship

The *Coaching Boys into Men* 2-page brochure outlines tips for talking to all of the boys in your life in ways that will help end violence against women.

Boys need your advice on how to behave toward girls. Boys are watching how you and other men relate to women to figure out their own stance towards girls. So teach boys early, and teach them often, that there is no place for violence in a relationship.

The *Coaching Boys into Men* 46-page Playbook is a tool to help coaches and men deliver a critical message to young men: Help end violence against women by treating everyone with the same honor and respect that they give their teammates.

These useful materials are available for copying and ordering at www.coaches-corner.org (click on: “Get the Playbook”).

~HI Dads~

From ParentingTime.net:

The Divorced Person's Rules To Live By

- **Develop a long-range perspective.** Keep in mind that parental efforts often are not appreciated by children for years. Yet eventually children come around to understanding and appreciating the parent who has never given up and never abandoned them even through barriers for contact.
- **Keep separate your issues** with the other parent and your issues with your children.
- **Keep focused on your relationship with your children** and make a commitment to direct your efforts toward what is truly in the best interests of the children. Do not allow frustration and anger with the other parent to dictate your actions and attitudes towards your children.
- **Emphasize to your children that you speak only for yourself** and cannot speak for the other parent. Do not try to explain the other parent's behavior to the children. Refer them back to the other parent for clarification. Do clarify for children how you see the differences between you and the other parent without evaluation of the other parent.
- **Do not interfere with your children's relationship with the other parent.** Assume that the children want a relationship with both parents and will avoid at all costs the appearance of disloyalty in the eyes of either parent. Do not place your children in the position of having to choose between parents; do not put them in the position of having to show partiality. **CHILDREN NEED BOTH PARENTS.**
- **Do not expect reform in the behavior of the other parent.** Be realistic, accept that this person is not going to change, and go about getting the best arrangements you can get in relation to your children .
- **Be persistent about negotiating from a position of caring and concern for the children;** show sensitivity toward legitimate concerns stated by the other parent and let the other parent know you acknowledge such concerns.
- **Build good will** if possible. Be quick to acknowledge reasonableness and cooperation when it occurs.
- **Be fair and helpful when it is possible.** Do not, however, accede to unreasonable demands, and do not bend over backwards to be accommodating.
- **Identify and avoid destructive communication with the other parent.** Exercise self control to stay out of exchanges around issues you know from experience become repetitive and without productive outcome.
- **Be clear and definite in your communication.** State your understanding of the other parent's position, make certain you have stated it accurately, and ask for confirmation. Then state your position. If you feel the exchange is becoming unproductive, state your desire to move on to the next topic.
- **Make clear what your objectives are in relation to your children** and how you will know when you have achieved them. Do not state less than or more than what you want. Keep stating what you want and at least twice a year, write a letter summarizing how you see things and what you still want.
- **Do not threaten legal action.**
- **Make clear that you intend to persevere** by whatever kind of reasonable, dispute resolution methods you can.
- **Make clear that you are not going to give up and go away,** and that the other parent will have to continue to deal with you.
- **Keep dialogue open about your children.** Encourage the other parent to tell you about significant events, idiosyncrasies, special toys, relationships, educational and medical problems. If the other parent is withholding information about these matters do not retaliate and do continue to keep the other parent informed without judgement.
- **If you must resort to litigation** as a final measure, or if the other parent involves you in legal action, give warning before taking each step.

~Hi Dads~

*Promoting your son's emotional intelligence***No more "Mr. Tough Guy"**

There's a new generation of fathers out there, with an opportunity to put an end to the "tough guy" culture that still exists for men and boys. This opportunity demands that we show the courage and resolve necessary to break the cultural stereotypes that are still dominant today.

Here are five ways to help your son to be more emotionally intelligent:

1. **Show physical affection to your son.** Hug him, as well as other men that you care for. Show him that men can show love for each other. Research shows that boys who receive physical affection from their fathers are happier, healthier, smarter, etc. If you're squirming, you're a good candidate for this one!
2. **Have enough involvement in your son's life to know who else might be reinforcing the "old school" style.** This could include teachers, coaches, other family members, etc. If necessary, intervene, model your "new generation" style, and help set new guidelines.
3. **Reinforce your son's knowledge of emotions.** Help him identify what he's feeling. When you say, "You seem really sad right now," you help him to identify the feeling, and to "own it."
4. **Judge people less and empathize more.** Instead of saying, "What a jerk he is!" you can say, "He seems to be really angry right now." Being kind and loving yourself will create a clear path for your son.
5. **Keep examining how you raise your son.** Do you push him away emotionally, or shame him when he's showing signs of "weakness?" Continually monitor your responses to his behavior, and if possible, have a third party that watches your interactions as well.

The prevailing cultural ideas about manhood have done a great deal of harm to the development of strong, sensitive, and nurturing men. The responsibility of fathers today is to be aware of these cultural myths, and to show their sons a new path.

~HI Dads~

"Say more about that...that sounds really hard"

Responding to family complaining

One of the most difficult things for dads can be to hear negativity and complaining from their wife or kids.

The reaction? It's often to try to get them to be "more positive." The problem with this approach is that it doesn't work. Just because you're positive doesn't mean that your family will be so.

The answer is to continue to be positive to your heart's content, but to acknowledge when someone else is having trouble. ***"Say more about that,"*** or ***"that sounds really hard,"*** can be excellent responses to a family member who is complaining or struggling.

Afraid you'll get more complaining if you say these things? You'll actually get less.

Both articles from *Dads Don't Fix Your Kids* (www.markbrandenburg.com).

Support the Hawai'i Coalition for Dads.

Help promote involved, nurturing, responsible fatherhood in Hawai'i.

☐ Please keep me informed about the activities of the Hawai'i Coalition for Dads.

☐ I would like to volunteer to help; contact me.

☐ Here is my contribution. \$ _____

~ Your donations are tax-deductible. ~

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Please make your check payable to: **Hawai'i Coalition for Dads/PACT**

Phone: 841-2245

...and send it to: 1485 Linapuni St. #105

E-mail: HawaiiDads@pacthawaii.org

Honolulu, Hawai'i 96819

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GOALS:

1. To increase community awareness about fatherhood.
2. To promote the availability and accessibility of quality, father-centered community resources.
3. To advocate for informed public policy regarding fatherhood.
4. To strengthen community collaboration in support of fatherhood.
5. To respect and honor everyone's unique role in children's lives.

The Hawai'i Coalition for Dads, with funding from the HMSA Foundation under the umbrella of Parents And Children Together (PACT), is a group of individuals and organizations (including *Alu Like, eventions, inc., Family Support Services of West Hawai'i, Good Beginnings Alliance, Head Start agencies, Kamehameha Schools, Kathy's Parenting Solutions, Mediation Center of Molokai, PACT Hana Like Home Visitor Program, PARENTS, Navy Fleet & Family Support Center, State Commission on Fatherhood, and The Institute For Family Enrichment*) that shares information about services to fathers and promotes involved, nurturing, responsible fatherhood.

Fatherhood & Family Resources

1. **Hilo**: Hawaii Island YWCA (Healthy Start) (961-3877)
2. **Kailua-Kona**: Family Support Services of West Hawai'i (326-7778; fsswh.org)
3. **Kaua'i**: Nana's Place/Child and Family Service (338-0252; cfs-hawaii.org)
4. **Maui**: Maui Economic Opportunity (Head Start; BEST Reintegration Program (249-2990; meo.org))
5. **Molokai**: Mediation Center of Molokai (553-3844)
- Oahu (and statewide):**
6. TIFFE (Nurturing Fathers; Playgroups) (596-8433; tiffe.org)
7. PACT (Family Centers; Hana Like; Head Start; Family Peace Center) (847-3285; pacthawaii.org)
8. Navy Fleet & Family Support Center (Boot Camp For New Dads) (473-4222; greatlifeofhawaii.com)
9. PARENTS (Confident Parenting Classes) (235-0488);
10. Kathy's Parenting Solutions (352-3303)
11. The Baby Hui (groups for Dads, and Moms) (735-2484; thebabyhui.org)
12. The Parent Line (Info & Referral) (526-1222; theparentline.org)
13. AUW – 211 (auw.org/211)
14. HPIRC (HI Parental Information & Resource Centers) (841-6177; hawaiiipirc.org)
15. Dept. of Ed. Family Support (PCNC; R.E.A.L.; PEI) (State office: 735-8250; sssb.k12.hi.us)
16. SPIN (Special Parent Information Network) (586-8126; spinhawaii.org)
17. Big Brothers Big Sisters (support for single dads and moms) (521-3811; bigshonolulu.org)
18. Good Beginnings Alliance (Playgroups) (531-5502; goodbeginnings.org)
19. Tutu and Me (traveling preschool for Hawaiian families) (524-7633; tutuandme.org)
20. Queen Lili'uokalani Children's Center (Hawaiian families) (847-1302; qlcc.org)
21. ALU LIKE (Hawaiian families) (535-6700; alulike.org)

Religious resources: Contact your place of worship...church, temple, synagogue

Internet Resources (check on their "Links," too):

1. **mr.dad** (mrdad.com)
2. **fathers.com** (fathers.com)
3. **Nurturing Father** (nurturingfathers.com)
4. **Nat'l Fatherhood Initiative** (fatherhood.org)
5. **Boot Camp For New Dads** (newdads.com)